

ABSTRACT

This application discloses a communication method and apparatus, and supports IEEE protocols (for example, the IEEE 802.11be/Wi-Fi 7/EHT protocol, the IEEE 802.11bn/UHR/Wi-Fi 8 protocol, the IEEE 802.15/UWB protocol, or the IEEE 802.11bf/sensing/sensing protocol).

- 5 The method includes: a station receives a first radio frame from an access point in a first mode, where the first radio frame is used to trigger the station to transition a mode, and the first radio frame includes identification information of the station; the station transitions from the first mode to a second mode after receiving the first radio frame; and the station receives a message frame from the access point in the second mode. Power consumption of the station in the first mode is
- 10 lower than power consumption of the station in the second mode. This solution can ensure that the station is triggered, by only a Wi-Fi signal sent to the station, to transition a mode, thereby reducing power consumption of the station